

# Special Services Newsletter

November 2021



Dear Families and Staff,

As we approach the Thanksgiving Holiday and break, I wanted to take this opportunity to thank all of you for the exceptionally hard work this Fall. I have had the opportunity to sub in many classrooms and am amazed by the Social Emotional work that everyone is doing to help us become community again. We were community last year but “in boxes”, not in person. I have also appreciated all the work families have done to help their children succeed at school. I think we have a way to go before everyone feels back in the swing again, but we are on our way.

I wanted to share with you an organization that I have been associated with for the last year and a half being trained as a Yoga Teacher and Social Emotional Facilitator. It is an organization that specifically trains educators to bring Social Emotional activities to classrooms for all learners. The organization is called, Breathe for Change. They have free yoga classes for educators on Monday afternoons and various free workshops on Thursday afternoon. I have learned so much about how to engage educators and students in increasing their wellness and learn to thrive. Hit me up if you are interested in learning more about how to incorporate more movement in your classroom or incorporating some fun SEL strategies. I would love to get into your classrooms and be of assistance.

~Kelley



The Everett Special Education PTSA (Parent, Teacher, Student Association) is a community of parents, staff and students who work together to enrich the learning environment and provide resources to students and their families through advocacy, information, training for educators and students receiving special education services.



## SPECIAL EDUCATION PTSA

### Membership Information

Click here for Special Education PTSA: [website](#); [Facebook](#); [Instagram](#)

## Mindful Moment ~

The holiday season is upon us! What a great time of year to reflect on the good things in our lives and to be grateful for all things big and small. However, we all know the holidays can be stressful! Here are some tips to consider that will help you not only give unto others but take care of yourself at the same time!

1. **Have a journal by your bedside** to reflect on the day and to write down an intention for the next day. Stating that you intend to do something is much more impactful than just thinking it. Writing this intention down can be quite powerful. Carry this intention with you throughout your day and when interacting with others. Remember, your thoughts become your words, your words become your actions, and your actions become your habits. So, speak kindly about yourself!
2. **Create a morning coffee/tea ritual** Take the time in the morning to treat your cup of coffee or tea like a ritual. Stop and notice the way your morning beverage smells, the steam, the warmth of holding it in your favorite mug, the way that drinking a nice warm cup makes you feel. All too often we rush this process, throwing it in a to go mug and zooming out the door. Slow down and enjoy this simple pleasure! Let the warmth wake you up and enjoy it as a mindful moment to start your day off right!

## Strengths Based IEPs    Getting started:

Adapted from Understood.org  
(great resource)

We all know that students with special needs are amazing, smart, and have preferences and talents just the same as students that are neuro typical. During the IEP process, these strengths are typically only discussed at the beginning of each present level area without being incorporated into the IEP goals themselves. However, in strengths-based IEPs, each goal uses the student's abilities, preferences, and interests to help plan a path to progress. This concept is the foundation of a strengths-based IEP: goals are built around what the student CAN do and how the team can use those strengths to grow weaker areas. This small shift in thinking can help the IEP team look at the concept of strengths in a new light. Instead of writing a list of what the team likes about the student, the team creates a list of things that the student does well.

(Tips taken from understood.org)

Have students write a mission statement to include where they want to go with learning and what they see as their strengths. Parents could be a wonderful partner in this process as well

Uses a strengths finder to tell both the team and the student what their strengths are (Examples of these can be found at understood.org).

Have students take a role or even the lead in the IEP meeting to increase self-advocacy skills.

In summary, students with special needs have strengths that should be highlighted and used as the roadmap for growth and learning. By using strengths-based IEPs, we empower students that their own abilities are what will make them succeed in learning new things!





# Please join me for Compassion Cultivation Training (CCT)

CCT is an 8 week science based program, developed at **Stanford University** to help you uncover your natural ability to face life's challenges with greater resilience and ease, and to relate to others as fellow human beings regardless of their background, views and experiences.

**COST: FREE TO PARENTS OF CHILDREN AND YOUTH WITH DISABILITIES. PAID FOR VIA GRANT FROM COMPASSION CORPS.\***

*When: 8 consecutive Tuesdays*

*January 4 - February 22 ; Time: 7-9pm PST*

*Location: Online*

Taught by Krisy Banks, a Special Education Teacher for over a decade who wishes to bring compassion to more education communities.

RSVP or any questions to Kristy Banks at [kristybanks@gmail.com](mailto:kristybanks@gmail.com)

*For more information, please go to:  
<https://www.compassioninstitute.com>*

\*As a part of the grant, images and short recordings will be shared with CC..



In partnership with Autism Speaks, Sensory Friendly Santa Experience for the community at participating locations across the US.

<https://www.eventbrite.com/e/sensory-friendly-event-tickets-186640987217?aff=ebdssbdestsearch>



## Meet our New Hires ~



Hello! My name is Sean and I am originally from the Bay Area in northern CA. I moved to the Seattle area in 2015, where I got my Masters in Special Education at the University of Washington and became a Board Certified Behavior Analyst (BCBA). Over the past 10 years I have enjoyed working with people of all abilities in employment, community living, and educational settings.

In my spare time I love reading, playing music, and skateboarding. I love working with students and am very excited to be part of the Special Services team at Everett Public Schools!

Hi! My name is Laura Pearce. I did my undergraduate studies at Western Washington University, earning a BA in Psychology. Over the last 13 years I have been a para, a Behavior Technician, Emotional/Behavior Support Specialist and a District BCBA. In 2014 I went back to school and completed my Masters Degree in Special Education with a BCBA at the University of Washington.



I live in Lynnwood with my husband David, 3 daughters, Kennedy (8), Brooklyn (5) and Piper (2). We have two Red-eye tree frogs named Fred and Ginger and a fish named Galaxy. I enjoy yoga, geeking out on behavior and spending time with my family. I am beginner gardener and a retired competitive/professional jump roper. I look forward to meeting more teachers, students, Special Services staff and working in Everett.



My name is Breanna Duffy, but I also go by Bree. I have been a Speech-Language Pathologist for Everett Public Schools since the 2017-2018 school year. This year I have the pleasure of also serving as a Special Services Facilitator assisting with preschool transitions and programming. I have lived in the Snohomish County for most of my life and loved growing up here. I received my Bachelor's degree from

Western Washington University in 2015 in Communication Sciences and Disorders, and my Master's degree from Washington State University in 2017 in Speech and Hearing Sciences. My husband and I have two cats and enjoy relaxing at home with them watching movies, reading, or playing games.